

# TUKWILA SENIOR SCOOP

A PUBLICATION OF TUKWILA PARKS AND RECREATION



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## A Warm Fall Welcome!

By Sheri McConnaughey

Welcome to the first quarterly newsletter for Tukwila Seniors. While the Coronavirus has certainly shaken things up, our staff have been busy working to develop creative ways to connect with older adults - both virtually and in-person, and the Tukwila Community Center is available by appointment for select senior services, such as footcare.

This newsletter gives the scoop and provides information about recreation programs, senior services, and other important community resources to help you stay connected, healthy, and safe.

If you have questions, comments, or ideas please contact me at [sheri.mcconnaughey@tukwilawa.gov](mailto:sheri.mcconnaughey@tukwilawa.gov) or call me at 206-767-2321.



# Senior Thanksgiving Dinner - Curbside Pick Up

We're sad that we cannot host an in-person Thanksgiving meal this year due to Covid-19, we all love getting to visit with friends and celebrate the season. Instead, we are hosting a curb-side hot turkey dinner pick up on Tuesday, November 24th. Our partners at the Tukwila Double Tree Inn and Suites are preparing and packaging meals with all the fixings.

Pre-registration is required by noon on Friday, November 20. Please call 206-767-2321 or email [sheri.mcconnaughey@tukwilawa.gov](mailto:sheri.mcconnaughey@tukwilawa.gov) for details and to receive a pick up time. Note, we are able to accommodate the first 100 registrations.



## RESERVE TODAY



## Connect with Virtual Senior Fitness Programs

By Marlus Francis, with Christina Luna

Tukwila Parks and Recreation Wellness staff kicked off a new **FREE** Virtual Senior Fitness Class on Monday, November 2nd. Classes are held via Zoom on Mondays and Wednesdays from 11:00am – 11:50am and include 30 minutes of movement, followed by 20 minutes of social time. Attendees can request to have a fitness pack delivered to their door which includes small hand weights, ankle weights, an exercise ball, and exercise band. The packs are available for loan for as long as the program is offered virtually. For more information, email [sports@TukwilaWA.gov](mailto:sports@TukwilaWA.gov) or call 206-767-2822

## FOOT CARE

Nurse Meri-Lou Payne is available the third Thursday of each month at the Tukwila Community Center by appointment between 8:00 am-1:00 pm. Reserve by leaving a message at 206-767-2321. The fee is \$25, cash or check directly to Meri-Lou. Please bring a towel and plan to wear a facemask throughout the duration of the appointment. A basic health questionnaire and temperature screening are also required upon entry into TCC.



## Creating Joy & Easing Financial Stress for Tukwila Families



Covid-19 has added enormous stress upon families who were already experiencing immense challenges. Three out of four elementary school students in Tukwila received free or reduced lunch during the 19-20 school year (everyone has access to free lunch this year), 76% of Tukwila families (with elementary school aged kids) live below the poverty line. **The goal of the Spirit of Giving campaign is to reduce financial stress for caregivers and help create a time of ease and JOY for Tukwila children and their families.**



Tukwila Parks and Recreation staff are collecting warm coats, cozy blankets, basic hygiene and home necessities, and items that promote active and creative play to help 400 children (150 families). Like many endeavors, this year's campaign is different than year's past. There is a greater emphasis on collecting items that support physical and emotional health.

**Can you help?** Individuals, groups, and businesses interested in contributing can contact [Giving@TukwilaWA.gov](mailto:Giving@TukwilaWA.gov) or call 206-768-2822.



# Community Resources

## **COMFORT KEEPERS CLASS: Informational and Unbiased Resources for Seniors**

Presented by: Sheila Goodfellow, CSA – Transitional Care Manager

**January 21, 2021 10am Virtual via Zoom**

Learn the facts about how to be your own advocate. Don't wait for an emergency to have these resources and valuable information. You will learn what you need to know before entering a hospital, how to create a living will, and what free legal services are available. Transportation options in your community, housing and care options, and unbiased Medicare information to help make decisions. How to determine if you need a caregiver and how to make informed decisions about skilled care. Sign up by emailing: [southseattle@comfortkeepers.com](mailto:southseattle@comfortkeepers.com)

**HYDE SHUTTLE:** Need to go to shopping? Get a haircut? Visit a friend? The HYDE SHUTTLE is a FREE van service for seniors and people with disabilities living in Tukwila. You can ride anywhere within the service area set up by Senior Services.

Shuttle Hours are Monday-Friday from 9:00am-4:00pm. Call 206-727-6262 to schedule a ride.

**MEALS ON WHEELS:** Are you or someone you know homebound or having difficulty getting meals? We are part of King County's Sound Generations "Meals on Wheels" program and deliver meals each week to those that are homebound. Orders are taken on Mondays from 9:00am – 11:00am by phone and are delivered on Thursdays between 9:00am – 11:00am. Call 206-448-5767 for information or apply online at [www.seniorservices.org/foodassistance/mealsonwheels](http://www.seniorservices.org/foodassistance/mealsonwheels) Also, Meals on Wheels is looking for a second driver to help support the seniors in Tukwila by helping deliver meals on Thursday mornings. If you are interested, please call 206-448-5767

**OPERATION SENIOR MEAL DROP:** Tukwila residents aged 60 and over can receive free meals each week through the end of 2020. Seven frozen meals are provided each week to support seniors that are staying home during the Coronavirus pandemic. If interested, please leave a message for Sheri McConnaughey at 206-767-2321.